

## Support for parents of children with additional needs

**autism**  
west midlands

The Rising to the Challenge course from Autism West Midlands has been delivered virtually this term, and all five sessions are now available to watch on replay.

This course is designed for parents and carers who want a better understanding of autism, even if awaiting an official diagnosis, and they will learn strategies that may help and support them.

The themes of the session include:

- Autism as a spectrum
- Autism & Communication
- Autism & Social Interaction
- Autism & Sensory Differences
- Autism & Behaviour

Click on the link below to register and access each session of the course at your convenience.

<https://www.autismwestmidlands.org.uk/events/rising-to-the-challenge-2020-west-midlands-parents-and-carers-workshops-replay/>



### Solihull ADHD support group

A new support group connecting ADHD families and carers together- led by Solihull parents - will be starting in January.

An informal introduction session will be held on  
**Thursday 17<sup>th</sup> December @ 10am**  
to find out what parents/carers might want from the group.

Please contact the parenting team via email to register your interest, and we will send you the link to join the drop-in session, which will be via Microsoft Teams.

Future sessions will take place via Skype, initially meeting monthly, and full details will be available via their Facebook page, including the link for these sessions – search **Parents Under Construction**



For more information about any of the above parenting support available, please contact the Parenting Team via our Facebook page, or by email to [bsmhft.parenting@nhs.net](mailto:bsmhft.parenting@nhs.net)  
Fortnightly parenting themed tweets can be viewed on our Facebook page - Solihull Parenting Team, or via the school nurse twitter feed: @SolSchNurses